

Monday	Instructor	Time	Venue	Ability
Circuits (14+)	Vanessa	09.00 - 09.55	Gym	☹☹
Indoor Cycling (14+)	Chris	17.30 - 18.15	Activity Area	☹☹☹
Functional Fit (16+)	Daley	18.15 - 19.00	Activity Area	☹☹☹
Indoor Cycling (14+)	Chris	18.15 - 19.00	Main Hall	☹☹☹
Boxercise (14+)	Brian	19.15 - 20.10	Activity Area	☹☹☹
Tuesday	Instructor	Time	Venue	Ability
Body Conditioning (14+)	Vanessa	10.00 - 10.55	Activity Area	☹☹
Pure Stretch (14+)	Vanessa	11.00 - 11.55	Activity Area	☹☹
Indoor Cycling (14+)	Sabine	17.30 - 18.15	Activity Area	☹☹☹
Body Conditioning (14+)	Wendy	18.30 - 19.25	Activity Area	☹☹
Pilates (14+)	Wendy	19.30 - 20.25	Activity Area	☹☹
Wednesday	Instructor	Time	Venue	Ability
Dance-Fit (14+)	Vanessa	09.00 - 09.55	Activity Area	☹☹
Fitball (14+)	Vanessa	10.00 - 10.55	Activity Area	☹☹
Walking Circuits (16+)	Vanessa	11.15 - 12.10	Activity Area	☹
Kettlebells (16+)	Daley	17.30 - 18.15	Activity Area	☹☹☹
Indoor Cycling (14+)	Dana	18.20 - 19.05	Activity Area	☹☹☹
Pilates (14+)	Dana	19.15 - 20.00	Activity Area	☹☹
Thursday	Instructor	Time	Venue	Ability
Step and Tone (14+)	Vanessa	18.00 - 18.55	Main Hall	☹☹
Indoor Cycling (14+)	Kat	18.15 - 19.00	Activity Area	☹☹☹
Functional Fit (16+)	Jess	19.15 - 20.00	Main Hall	☹☹☹
Fitball (14+)	Helen	19.15 - 20.10	Activity Area	☹☹
Friday	Instructor	Time	Venue	Ability
Pilates (14+)	Sabine	08.00 - 08.55	Activity Area	☹☹
Pilates (14+)	Sabine	09.00 - 09.55	Activity Area	☹☹
Kettlebells (16+)	Daley	18.00 - 18.55	Activity Area	☹☹☹
Indoor Cycling (14+)	Brian	19.00 - 19.45	Activity Area	☹☹☹
Saturday	Instructor	Time	Venue	Ability
Indoor Cycling (14+)	Kat	09.15 - 10.00	Activity Area	☹☹☹

• Mind & Body • Strength & Conditioning • Cardio • High Intensity • Dance

Booking Information:

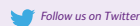
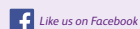
Late cancellations and no-shows cause valuable spaces within classes to be lost and made unavailable for those who wish to attend.

Unlimited members will be able to book up to 8 days in advance. Aqua members / PAYG members and non-members will be able to book up to 7 days in advance.

Payment is required for the activity upon booking.
Please note that classes are subject to charge.

* This timetable is correct at the time of publishing, however, the timetable is subject to changes. For daily information contact reception for more details.

Please arrive early for class. Late arrivals may be turned away!



Class Descriptions

Class Type	Equipment	Class Aim
Body Conditioning	Mats, dumbbells, body bars, bands & stability balls	A mixed workout, covering toning, strength, endurance, cardio fitness, flexibility & more using a range of resistance kit & bodyweight exercises.
Core	Stability balls & weights	Covering core strength, endurance, stability & control.
Kettlebells	Kettlebells	Full body strength, endurance & cardiovascular workout.
Step & Tone	Steps, weights, bands	Full body aerobic and toning workout using an elevated platform. Great for strengthening the muscles of the lower body.
Functional Fit	Mats, Dumbbells, Body Bars, Battle rope and Functional Kit	A challenging but fun class concentrating on control and technique using alternative equipment and body weight to condition the whole body.
Studio Cycling	Stationary bike	Cardiovascular workout varying from moderate to very high intensity incorporating different speeds, resistances & body positions.
Boxercise	Mats, boxing gloves & pads	High intensity boxing based cardiovascular workout with lots of core work.
Circuits	Gym equipment, weights, bands, stability balls & bodyweight exercises	Full body workouts covering cardiovascular, strength, flexibility, stability & balance.

Class Type	Equipment	Class Aim
Walking Circuits	Mats, Dumbbells, Body Bars, Chairs and stability ball	A low impact walking circuit class to provide strength, flexibility, stability & Balance
Fitball	Stability & small balls, bands & mats	Involves using a stability ball to strengthen & tone your body especially the abs and back.
Pilates	Mats, bands & balls	Whole body workout based around core strength, posture, spinal & pelvic alignments & body control.
Pure Stretch	Mats & yoga straps	For those who want to improve overall flexibility & mobility.
Dance-Fit	Toning sticks	Cardiovascular and toning, high energy workout based around Latin dance.

Please Note:

Minimum age for all adult classes is 14 years old. If you are new to exercise or have any doubts about your suitability you are advised to take advice from your GP. All participants are asked to read and sign the Health commitment statement before commencing activities. Booking is available 8 days in advance.

All classes are FREE to UNLIMITED members

Admission to any exercise and fitness class after the warm up period has taken place may not be permitted. This is to safeguard you against injury.

Pay as you go

Pre paid booking is available 7 days in advance.

All class times include set up / take down time. All classes subject to change.

Customer suggestions, comments or complaints are very important to us. Please call us or email comments@ledleisure.co.uk

